



# Raising Healthy Children

## 让孩子健康成长

For many parents, helping children develop healthy eating habits is a struggle. Coupled with the ever-growing intensity of marketing through the media, unhealthy food has never invaded our lives as much as today. With the hectic pace of many families' lives and with more working mothers than ever, even the health conscious succumb to the conveniences of life, turning to fast, processed, nutrient-deficient foodless foods. In addition to newly acquired poor diets, many news reports about nutrition contain conflicting information. No wonder many people are confused, especially if they are not well acquainted with the knowledge of natural health.

Just as our national income rises, so do obesity and its related diseases. In many places around the world, obesity, skin problems, asthma, and poor immunity are increasing rapidly, especially among children.

Surveys conclude that children are eating too much fat, too much sugar, too much salt, too much refined and processed foods, but at the same time they are malnourished and suffer from nutritional deficiencies!

As parents, what can we do to guard the health of our precious children despite the circumstances? The best place to start is with our own lives since children learn by example. Thus, a healthy lifestyle is one of the most valuable habits that a parent can pass on.

While you cannot control what your children eat outside the house, you are in full control of the type of food that is available at home. Make sure that it is wholesome, toxin-free, and nutrient-rich live food. Ideally, children should eat five portions (a portion being roughly the size of a person's fist) of fruit or vegetables a day. Unfortunately, many children nowadays do not find such healthy food palatable. Parents may use the alternative of freshly made juices in such situations.

Be aware of nutrient robbers like sugar (which robs the body of calcium and lowers its immunity), salt (which robs the body of valuable potassium) and "friendly" evils like hydrogenated fats or trans-fat, artificial flavours, colouring, and preservatives.

对许多父母来说，培养孩子养成健康的饮食习惯是件苦差。随着媒体营销的日益蓬勃，各种各样的不健康食品都大量地向消费者进行广告轰炸。由于生活节奏越来越紧凑，加上职业妈妈也比以往多，即使健康意识强的也可能会为贪方便而妥协，转而选择吃快速、加工、无营养的食品。久而久之，就养成了不良的饮食习惯。再加上许多有关营养的报道或文章传达的信息相互矛盾，更是让许多人感到迷惘困扰，尤其是当他们对自然健康缺乏认知。

随着国民收入上升，痲肥症及其相关疾病也跟步逐渐增加。许多地方都面对与日俱增的健康问题，如痲肥症、皮肤病、哮喘和免疫力低弱等问题，尤其是儿童疾病。

调查显示，现社会的儿童摄取了太多的脂肪、糖、盐、精制和加工食品，同时吃的食物又没有营养，进而造成营养不良问题。

作为父母，尽管身在什么都讲求快速和精致的时代，也必须要想尽办法来维护孩子的健康。最好的开始就是从自己做起，以身作则，孩子看到了也就自然地会效仿父母的榜样，养成健康饮食的习惯。这也是父母能传授给孩子最有价值的理念与教育。

虽然您不能控制孩子在外面所吃的及喝的，但在家，您就必须完全掌控他们的饮食。确保您提供的食物都是有益健康、无毒、营养丰富的。理想情况下，儿童每天必须吃五份蔬果（一份大约一个人的拳头大小）。但遗憾的是，现在许多的孩子都不爱吃健康食品。所以当发生这种情况时，父母可以将蔬果榨成新鲜果汁，以确保他们吸取足够的养分。

父母必须认识及留意那些物质成份会破坏或盗取食物中的营养：如糖（它会导致钙质流失，降低免疫功能）、盐（会夺走钾）及无处不在的危害物如氢化脂肪或反式脂肪、人工香精、色素和防腐剂。



Here are a few quick snack ideas:

- A wholesome dip, or homemade peanut butter and a few raw fresh vegetable sticks.
- Avocado on wholemeal bread.
- Pieces of organic fruit.
- A glass of fresh fruit or vegetable juice.

Bear in mind that the habits your kids learn today continue with them for a lifetime. Remember that the next time you feel like giving in to them when they whine and complain about being forced to consume another "healthy" meal, you know what is best for them and it is your duty to encourage them to make wise choices. Do not buckle under and give them junk just to shut them up.

There will be times when it is impossible to feed them a healthy meal. They may be at a birthday party or a special event and in that case, it is all right to compromise once in a while. What is important is that they are consuming healthy meals for the majority of the time. Their health depends on this!

以下是一些简单又方便的健康小吃建议：

- 新鲜的蔬菜条搭配健康蘸酱或自制的花生酱。
- 全麦面包涂抹牛油果酱。
- 有机水果片。
- 新鲜蔬果汁。

现在开始培养孩子正确健康的饮食观念将会让他们受用一辈子。因此，下次当他们抱怨被逼吃“健康”餐的时候，您就不会轻易被动摇，因为您很清楚知道该给他们吃什么才是最好的，并也有责任鼓励他们、教育他们如何在饮食上作出明智的选择。千万不要因为想安抚他们闹脾气的情绪而心软让他们继续吃“垃圾”食物。

当然，有时候也会有特殊状况发生，无法自备健康餐，例如出席生日派对或其他社交活动。这种情况下，偶尔妥协一下也无伤大雅。最重要的是，孩子们大部分的时间其实都在吃健康食物那就就可以了。要身体强壮，就要从小养成健康的饮食习惯！

## NewLife™ Nutrition for Children 新生命的儿童营养指南：

**1 Honegar** – 1 teaspoon of **Pure Raw Honey** and 1 teaspoon of **Apple Cider Vinegar** in a glass of distilled water. An alternative to soft drinks, Milo, Ribena, etc.

### Benefits:

- 100% made from organic apples.
- Very high in potassium.
- Keeps coughs, colds, & sore throats away; removes phlegm.
- Helps relieve constipation.
- Rich in vitamins, minerals and electrolytes.

**生蜂蜜苹果酸** – 1茶匙**纯天然生蜂蜜**和1茶匙**苹果醋**加入蒸馏水中。健康饮品；取代汽水、美禄、利宾纳等等。

### 益处：

- 100%有机苹果制成。
- 丰富钾质。
- 有助预防咳嗽、感冒、喉咙发炎、清肺化痰。
- 润肠通便。
- 富含维生素、矿物质和电解质。



**3 ImmuFlora®** – Contains 10 billion cells of friendly bacteria. Helps digestion & elimination. Builds immunity.

**Bottle fed infant (0 - 6 months):** ¼ sachet.

**6 months - 2 years:** ½ sachet.

**2 & above:** 1 sachet.

*Note: Increase dosage in times of diarrhoea or antibiotic treatment.*

**免疫激菌植** – 含有高达一十亿的有益菌。帮助消化及排泄，强化免疫力。

**进食配方奶粉的宝宝（新生至6个月）：** ¼包。

**6个月至2岁：** ½包。

**2岁以上：** 1包。

**注：**若有腹泻状况或在服用抗生素期间，必需增加剂量。



**2 N.Zimes PA Plus™**

**For cooked food eaters:** ⅛ - ¼ teaspoon with each meal.

**For children prone to allergies:** ½ - 1 teaspoon with each meal and before going to bed (4 X daily).

**胰酶（植物）添加剂**

**吃熟食的儿童：** 每餐⅛ - ¼茶匙。

**针对容易出现过敏的儿童：** 每餐及临睡前½ - 1茶匙（1天4次）。



**4 Propolplus** – A natural food with antibiotic function. Increases immunity.

**For health maintenance:** 1 - 2 capsules.

**In times of sickness:** 1 - 2 capsules every 2 hours.

*Note: Crack the capsule and allow the contents to flow down the throat or squeeze out onto a spoon.*

**蜂胶** – 具有天然抗生素功能的天然食物，能增强免疫力。

**保健作用：** 每天1-2颗。

**生病期间：** 每2个小时一次；每次1-2颗。

**注：**可破开胶囊，让蜂胶液慢慢流入喉咙里或挤出在汤匙上食用。